SANDDONOHARM HOWTOWEA



ANNA HELD-WITHOUT CORSETS. I dread it and I adore it.

FIGHT lacing? Does it hurt?" Anna Held repeated these questions re-I flectively.

"Ah, mais, -," she said after a moment, "it depends so much on how it is done. It depends so much on the woman-and the corset. "To put on a corset properly is as much of an art

as to make a corset properly.
"There are few women who understand this. Their stays arrive in a box, of exquisite material, delicately

"They are to-day gorgeous affairs of brocaded satin or silk. They are trimmed with lace and chiffon, They are as beautiful, though to be seen only in the

boudoir, as a corsage to be worn at a ball. "Madame takes them out, shoves them in here, shoves them out there, stretches them to meet over her abdomen or her bust, crosses the strings at the back, tles them in a bow in the front of the stomach, and she considers herself ready for her corsage.

"And then you ask me if tight lacing is bad! Ah, yes, it is bad if you lace with ignorance. It is bad if you lace with baste. It is bad, endn, if you are nothow shall I say it -well, in complete understanding with your figure.

"You must, then, know yourself. It is the secret of all success in life. It holds also in the trivial matter of a pair of stays.

"To begin, then, at the beginning, we are in France moulded to our corsets. I have never known the time

when I did not wear stays.
"Would I be more comfortable without them? I believe not. My stays are part of me. But to make them so I have made certain concessions to them. For instance, I do not allow myself too excessive comfort without them.

"That sounds barbarous, does it not? But in the end it pays-that is, it pays if one wishes to be beau-

"There are certain comforts I do not allow myself. "I do not lounge without stays during the daytime. It is a temptation to come in after a fatiguing day and discard one's stays, resuming them perhaps not at all that evening. It is a temptation which I

"To eat without stays is frequently an invitation to the appetite, as great as a perfect tidbit, yet it would be a bazardous risk to accept it. If you do you will surely find the space in your corset strings widened. "In so far, to quote poor Madame Gullbert, 'one

oneself. I do even more. "Every morning I do something that requires courage. I do it to keep my health, which is beauty.

must suffer to be beautiful.' That is, one must deny

By Miss Anna Held.



THE FINISHED EFFECT. Photo by Aime Dupont.

steps that should lead to the corset. It hardens the

"B-rr-r! Ice-cold water on the back of my neck, over my face, on my heart! A plunge, and in a mo-

ment I am ready for my corsets. "For every day I wear those fashloned of ribbon that yield to the figure. They have as many bones, but the bones are held at proper distance by a mesh

of ribbons. "If you will observe, they are not of the long, straight make that the English woman loves. They are curved. The lines incline forward.

"The corset that I wear on the stage is about thirteen inches long in front and not more than eight inches in the back. This extremely short back would perhaps not be the best for habitual, everyday wear, ns it would not be sufficient support, but for a decollete gown it is the only proper sort of fashion. "Five hooks in front is the correct number. If one has four the steels are either too short or the space is "Ah, then you are ready.

"Now, I beg of you, do not take your corset and squeeze yourself into it. No, no, no! Gently, with fingers that were made to caress you, let your corset out absolutely to its fullest extent. You permit the lacings to become as wide as their length allows-the wider the better.

"Let it be an infallible rule never to attempt to adjust your corset while it is laced. It is fatal to your figure and your corset.

"Well, then, with your lacings spread to their uttermost, you place yourself-there is no other expression to use-you place yourself in your corset. This is where it is necessary that you should understand yourself; otherwise you will not know when you are properly placed.

"You now push your corset gently with your two hands until you feel yourself properly adjusted to it. Then you take the two strings, one in either hand, and pull only at the walst.

'But this method of lacing I think absolutely unnecessary. One lacing may serve all the purpose if it is properly guided.

"You learn to pull in then only at the waist. Above, below, you keep constantly letting out. You allow yourself ample room to breathe. To crowd the lungs would be criminal, and not pretty. Therefore it is that you should avoid most sedulously the appearance of a straight line. Straight lines are abominable. Endeavor to have only curves.
"I say there are two things I adore-my corset and

my cold piunge.
"With my corsets I am an inch smaller than without them. That inch! Ah! it is everything! It is the
modelling, the chiselling. But do I sacrifice my health
to it? No, I am sure not.



ANNA HELD-WITH CORSETS.

N Paris Mme. Yvette Guilbert ts paying the penalty of tight lacing. She has sacrificed her health to the exnotions of her cor-sots. Unreservedly her physician 1 m putes the dangerous operation he was obliged to perform the removal of a kidney, to tight lacing.

Here in New York a companion artist, a compatriot of Mme Gullbert, Anna Held she has been necused creating a beautiful figure with the aid of corset strings. She acknowledges that her corsets are anug, but she believes

there may be as much good in the wearing a corset as bad. Mme. Held posed in pictures for the Journal to show just how she would recommend

walst line.

ternating with nar-

rower panels of cloth which are finished

with slik stitching. The sleeves are plain vrab sleeves, finished

with a stitched cuff of the cloth. The

wrap is lined through-

out with white satin.

A chinchilla muff to

mutch the collar la used with the wrap.

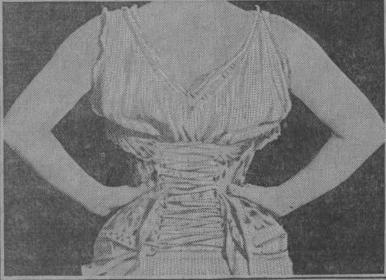
Among her gowns, a

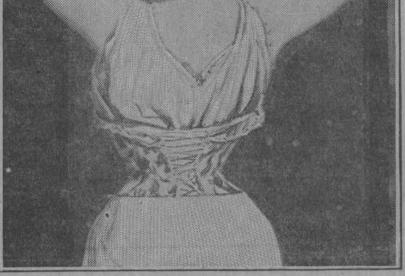
reception and after-noon at home gown

is of pink coral cloth over white silk. The

silk shows through

the applique, giving the effect of white and my k lace. The







Anna Held Illustrates How to Lace Tight Without Doing Yourself Any Harm.

the corset to be worn.

All women who have probably suffer more or less disconfort from the process if they would but acknowledge it.

Mme. Held approves of putting stays on only injurious in the very young, that, inches. Uncorsted she measures 20½ feel from it no ill effects. Indeed they authorities in the world has been probeautiful figure.

Mme. Held vows that she loves her corset. To make 't an ideal of comfort she insists that its weareers should understand just how to put it on.

The small difference in Mme. Held's repeated they oring, which according to all the highest pass among even the critical as having a improperly made.

Mme. Held approves of putting stays on only injurious in the very young, that, inches.

Mme. Held has been asked to try it. She bables. To her eyes the lines of the fear when a woman is matured, there are no health culturists will measured says that she would grow tired unsaphie health culturists will measured they are physique, in all the glow of youthful love ported. She says she would miss her stays turn has not so fashloned them, then the not be true. It is, of course, impossible a feet to the kidneys must be affected. They will liness will appear undeniably laced to reasons with and without her corsets or lile fashloned ones would integer than the should be injurious or a cheeter should.

The small difference in Mme. Held's treatises to show just how the difference in make Mme. Held straightway agree with measurements with and without her corsets or lile fashloned ones would integer.

The small difference in Mme. Held's probable to feel the critical as having a improperly made.

In the findent he world has been asked to try it. She bables. To her eyes the lines of the fem when a

The Health Proective Associations throughout the country are rather ejolding that a prominent woman should be forced to acknowledge the evil effects of tight lacing. They are of sorry that Mme. Gullbert should suffer, but they are, at the same time, wondering if the fatal example of her habits will not advance the sale of

boneless welsts. Mme. Held says that it will have no effect whatever Every woman must-suffer her own experience in this world, in matter of fashion, as well as la matters of the heart. So, unless she herself has indigestion, it is not to be hoped or expected that she will allow her walst to expand.

Exquisitely Designed Gowns Which RS. HOWARD GOULD is one of the gown is fastened at the side in front ing ruffle, and is unlined and clings to the The collar of pink velvet is of fine tucks. Among other costly treasures she has an age and is semi-circular in shape with a and about three-quarters of an inch in

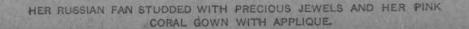
best gowned women in New York, with six large rhinestone buttons. The figure. The gown is princess in effect, with points in the back, the flaring cuffs and has in her possession some of waist and sleeves are of the applique, as is though the waist and skirt are made are tucked and of the same material as the precious stones of the to carve.

The figure. The gown is princess in effect, with points in the back, the flaring cuffs and is princess. The flaring cuffs are made are tucked and of the same material as the only one el and the semi-precious stones of the to carve.

Mrs. Gould is a blonde of pleasing approach the same process. The front panel and bottom of skirt, where separately, the applique being set on the collar. With this gown Mrs. Gould wears other like it, and that was presented to an country.



RUSSIAN SABLE WRAP WITH STOLE



a large sapphire and diamond brooch. Empress. The fan is of the natural plum. The handle, which is six inches in length penrance, and has an unusually good figure. She wears her bair in a very simple and artistic manner, parted in the middle and slightly puffed at the sides, drawn

TURQUOISE BLUE WRAP WITH

CHINCHILLA COLLAR

head at the back,

back to a small coll in the centre of her

H ERE ds the latest convenience for tired mammas who are troubled with trundling ponderous baby carriages.

Mrs. Lucy A, Burg-hardt, of Denver, is the inventor of a folding baby carpacked up into a small five - pound hand parcel in Andi a minute, and fort as quickly put to

gether again, So mamma now may take the baby to the street car in the carriage and board the car with the little conveyance nently folded into a fint piece of baggage easily carried in the hand by a strap.

In the thousand other puzzling posttions in which the mother finds herself hampered by the cumbersome baby wagon matters are cleverly arranged.

carringe is about the same as that of as ordinary bucky.